



City of Somerville

September 2020

# Council on Aging News

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*Dear Friends,*

*As summer comes to a close, we reflect on how different our summer has looked. While our world has changed, our values here at the Somerville Council on Aging have not. The Somerville Council on Aging remains committed to serving older adults as they age in place. While we may not be able to meet in person, we have been hard at work to bring you services virtually and straight to your door.*

*The Somerville Council on Aging has continued to deliver food to homebound older adults in the community and we are holding monthly mask drive-thrus where residents 60 and older can pick up free masks. We also continue to offer exercise and social programs over SCATV and YouTube. Last month we held a zoom lunch meeting and listened to music together. It may be harder to get together now, but we want to make it easier for you to get your essential needs met. That's why I would like to share some exciting news!*

*The Somerville Council on Aging was recently awarded a grant from the MAPC. This grant will provide free taxi rides to the grocery store or pharmacy in Somerville and transportation for routine medical appointments in the local area for residents of Somerville over the age of 60.*

*If you would like to hear more about the program or schedule a ride, please call Connie at the Council on Aging two days prior to your appointment by calling: 617-625-6600 ext. 2319.*

*With warmest regards,  
Ashley*

## ***Health & Wellness***

### ***A Note from Sara Harris, Public Health Nurse Manager***

Cold and flu season is quickly approaching which means it's time for the annual flu vaccine clinics offered by the City of Somerville Department of Health and Human Services (HHS). What's great about our clinics is that we offer not only standard dose flu vaccines but we also have high dose flu vaccines that are specific for seniors 65 years and older. What makes high dose vaccines better for people 65+? These vaccines not only protect you against four different strains of flu but they are also four times as strong which helps to compliment a senior's immune system.

Clinics will be held at various times and locations in the community until the City's supply of vaccine are exhausted. Due to limited availability, vaccines will be offered during official flu clinic hours only. While there is no charge for vaccinations, attendees are asked to bring an insurance card if available, including Medicaid cards.

As you can imagine with COVID19 still lurking, things have changed a little bit when it comes to flu clinics. We will be asking people to pre-register for our clinics so that we can limit what materials need to be passed between staff and residents on clinic days as well as adding a drive thru that will allow people to be vaccinated right in their cars.

Clinics will be starting at the end of September/beginning of October so be on the lookout for updated information on the city's website, from the COA staff, or even on Channel 15.

If you have any questions or concerns please don't hesitate to reach out to ***Sara Harris, Public Health Nurse Manager at [sharris@somervillema.gov](mailto:sharris@somervillema.gov) or 617-635-6600 x4320***

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### ***Nutrition with Mary Marshall***

Hello I am Mary Marshall and I am very excited to be joining the team at The Council of Aging. I have lived in Somerville my entire life and I have two beautiful children; Kailynn and Thomas with my husband Tom. I also spend lots of time cooking and gardening with my 90 year old Italian dad.

I have been teaching as a Nutrition Counselor for over 25 years. I teach total body wellness and weight management. I like to focus on shaping eating behaviors towards a more healthful and nutritious but delicious lifestyle. I also work with the Shape Up Somerville Approved Restaurant Program. One focus of the program is identifying healthy dining, while ordering out. It will be great to share some of my ideas about dining out, grocery shopping, cooking and learning what your body needs. I hope you are able to join me, via Zoom, for a general nutrition conversation on September 14th. You can sign up for the program by emailing me at [headtofitness10@yahoo.com](mailto:headtofitness10@yahoo.com) or calling me at 617-625-6600 ext. 2316.

## *Tips from Chris Kowaleski*



### September is “Better Breakfast” Month!

After sleeping all night our bodies need to be re-nourished in the morning to help us face the day ahead. Eating a healthy breakfast gives you the fuel your body needs to start the day off right. So, it is important to take some time to think about what you are eating for breakfast.

One of the easiest ways to improve your breakfast is to reduce the amount of sugar you are eating in the morning. If you enjoy cereal, a suggestion may be to check the nutrition label and compare it to similar cereals of another brand. It is also important to remember to try and eat whole grains or whole wheat bread products. Simple changes like these can make your body happy and allow you to start your day off right.

We encourage you to take some time this month and see how you can eat a better breakfast. Happy “Better Breakfast” Month!

## *Social Workers Corner with Natasha Naim*

### Open Enrollment is around the corner!

Once a year, from **October 15th to December 7th**, Medicare recipients are able to change their health insurance plans; changes take effect January 1st of the following year. There are many health insurance plans and companies to choose from. Having the option and freedom to review and change your coverages gives you the opportunity to ensure your coverage meets your needs. A change in coverage may not only provide you with better coverage, but may also save you money!

You don't have to make the decision alone, the Somerville Council on Aging has SHINE Counseling available over the phone or on Zoom to assist you with finding out what health insurance options are available for you.

You can call **Natasha** at **617-625-6600 ext. 2317** to book an appointment.



## Outreach Corner with Debby Higgins

### September is National Senior Center Month

The theme for 2020 is:

### Senior Centers—Delivering Vital Connections

This year's theme, chosen by the National Institute for Senior Centers is to highlight how senior centers deliver vital connections to support older adults. Preventing social isolation is vital and a core senior center mission. The way we deliver our programs and supports may be a little different this year but the Council on Aging remains focused on keeping us all connected, here are a few examples!

**MIND:** Zoom Music & Munch Program, Serenading Seniors, Social Service Support Groups

**BODY:** Exercise Classes via Zoom, City Cable & YouTube, Nutrition and Music & Movement with Steve Gintz will begin this month on Zoom

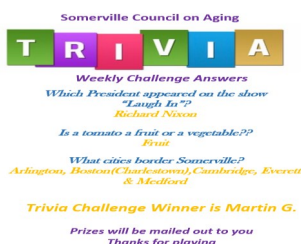
**SPIRIT:** Friendly Caller Program, Social Media Posts, Email Groups, Daily Tips & Trivia Contest

**COMMUNITY:** Note Cards to Seniors, Mask Drive, Goody Bag Donations for Seniors

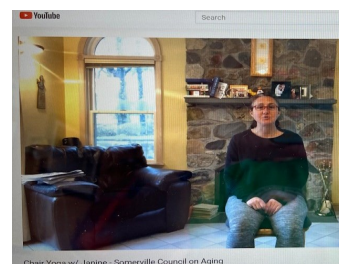
#### Note Cards to Seniors



#### Daily Trivia Contest



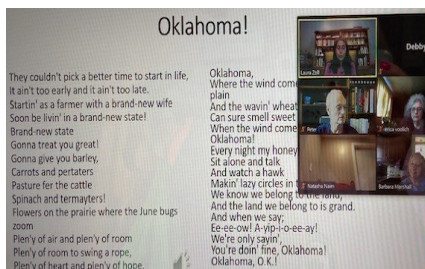
#### Yoga on YouTube



#### Goody Bag Donation



#### Music & Munch on Zoom



#### Serenading Seniors



*We are constantly working on new ways to keep you all connected while we work remotely. We miss you all and look forward to a time when we can join back together. In the meantime, stay well and be safe.*